

Creepy Crawlies

Ingredients

150g/6oz assorted 'free' vegetables

2 tablespoons curried fruit chutney or 4 teaspoons tangy tomato pickle (optional)

1 tablespoon vegetable oil

150g/6oz Loprofin Low Protein Mix

40g/1½oz hard margarine

40g/1½oz lard

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Roughly chop the vegetables and stir-fry in the oil for 3-4 minutes, until just tender. Add the flavouring (optional). Leave to cool whilst making the pastry.
2. Place the Loprofin Low Protein Mix in a large bowl, cut the fats into small pieces and rub into the mix until the texture resembles *coarse* breadcrumbs.
3. Gradually stir in 2-3 tablespoons of water, sufficient to bind the crumbs and give a manageable dough.
4. Transfer the dough to a surface lightly dusted with Loprofin Mix and lightly knead the dough for 30 seconds, until smooth.
5. Roll out the dough on a surface lightly dusted with Loprofin Mix and cut into 8cm x 10cm (4") squares, re-rolling the pastry trimmings as necessary.
6. Divide the filling into 8 equal portions and shaping into a roll, place a portion of filling in the centre of each pastry square.
7. Moisten one side of each pastry square and carefully fold the pastry from the opposite side over the filling. Press the edges together to seal - making a roll with a pastry flap along the sealed side.
8. Using a sharp knife, dipped in Loprofin Low Protein Mix, make even cuts, about ½ cm (¼") apart along the sealed edge of the pasties. Carefully spread the pastry a little to separate the strips - to form legs.
9. Place the pastries on lightly greased baking trays and bake in a preheated oven for approximately 15 minutes, until lightly browned.
10. Serve hot or cold.

This recipe was provided by Nutricia Metabolics